**BENEFIT OF BAND MESSAGES**

When you are advocating on behalf of your band program, here are some key messages that you should consider using:

***Social***

* **Band builds perseverance.** Playing a band instrument teaches kids to persevere through hours, months, and sometimes years of practice before they reach specific goals, such as performing in a with a band concert or memorizing a solo piece. *Mary Larew, Suzuki violin teacher at the Neighborhood Music School in New Haven, Connecticut. Copyright © 2013 Meredith Corporation.*
* **Band builds success.** Children who study a musical instrument are more likely to excel in all of their studies, work better in teams, have enhanced critical thinking skills, stay in school, and pursue further education. *Arte Music Academy. "Statistical benefits of music in education." Statistical-Benefits-Of-Music-In-Education. Accessed July 17, 2014.*
* **Band builds community.** Band offers a safe environment where the whole “team” plays all the time – together. Similar interest in music, shared experiences like performances or band trips. It is a great opportunity to get to know people with similar interests and make friends. That way, you have someone there to make the experience more fun and enjoyable. *https://www.amromusic.com/amro-blog/posts/five-reasons.* *https://static1.squarespace.com/static/51e4b592e4b063dea52e125d/t/55d73694e4b019cdc535470e/1440167572309/Benefits+of+Being+in+Band.pdf*
* **Band develops commitment and discipline.** As part of a team, each with an important part, members must commit to the hours of practice and follow all the rules and responsibilities to perform in an ensemble. *https://static1.squarespace.com/static/51e4b592e4b063dea52e125d/t/55d73694e4b019cdc535470e/1440167572309/Benefits+of+Being+in+Band.pdf*

***Health***

* **Band leads to a healthier life.** Secondary students who participated in band reported the lowest lifetime and current use of all substances (alcohol, tobacco, drug abuse). *Texas Commission on Drug and Alcohol Abuse Report. Reported in Houston Chronicle, January 1998*
* **Band increases brain development.** Research shows that with just 15 months of training on an instrument, music students’ brains grew larger in the areas that control fine motor skills and hearing—and that students’ abilities in both those areas also improved. *Joanne Lipman, "A Musical Fix for American Schools," The Wall Street Journal, October 10, 2014.*
* **Band delivers brain workouts.** Playing a musical instrument impacts multiple areas of the brain, especially enhancing executive functions and researchers note it is comparable to a full-body workout*. "Intellectual nourishment and the brain," by Dawn Davis, Illinois State University, Oct. 18, 2017*
* **Band reduces stress.** Playing an instrument is calming for the mind and reduces stress/anxiety in the participant. *https://www.amromusic.com/amro-blog/posts/five-reasons. https://static1.squarespace.com/static/51e4b592e4b063dea52e125d/t/55d73694e4b019cdc535470e/1440167572309/Benefits+of+Being+in+Band.pdf*
* **Band develops breath control**. Teaching the student to control their breath while playing their instrument helps to enhance their respiratory system. *Michael Matthews 18 Benefits of Playing a Musical Instrument. August 28, 2011 © EffectiveMusicTeaching.com*

***Educational - Band builds academic success:***

* … the analyses show that those students who join the band in the fifth grade and stay in the band score significantly higher on the A.C.T. tests of English, Mathematics and Reading and on their Rank in Class. *"Comparison of Fifth Grade Band Students with Other Fifth Grade Students on A.C.T. Tests and Rank in Class in Later Years," by Kevin McCarthy, University of Colorado at Boulder, Alan W. Mills, University of Arizona Graduate Student*
* U.S. Department of Education [data on more than 25,000 secondary school students] found that students who report consistent high levels of involvement in instrumental music over the middle and high school years show "significantly higher levels of mathematics proficiency by grade 12*." U.S. Department of Education NELLS88 Database*
* Nearly 100% of past winners in the prestigious Siemens Westinghouse Competition in Math, Science and Technology (for high school students) play one or more musical instruments. *The Midland Chemist (American Chemical Society) Vol. 42, No.1, Feb. 2005*
* Students in top-quality instrumental programs scored 17% higher in mathematics than children in schools without a music program... *Journal for Research in Music Education, June 2007; Dr. Christopher Johnson, Jenny Memmott*
* Band engages both sides of the brain and your child must concentrate on doing several things simultaneously: reading the music; creating the right sounds with their instrument; listening to the sounds created; following the music; keeping tempo; listening to other musicians; and paying attention to the conductor’s instructions. *Top 10 Facts About Music Education; quoted in Trinity Grammar School, February 6, 2017.*